Good News for Homemakers

Use care when home canning

By SHIRLEY W. WALTON
Extension Agent

Home canning is a fine way to save money and serve high quality meals, but there are things that can go wrong, especially if you are new to home canning. So check each jar carefully before you open it. Botulism, a serious, though rare, form of food poisoning can strike home canned goods without you knowing it.

I wish to share this week with you some danger signals according to the microbiologists at the U.S. Department of Agriculture.

If, for example, the liquid in your string beans turns a milky color, the cloudiness may be caused by either food poisoning or spoilage bacteria which have multiplied. Spoilage bacteria are not dangerous. They only cause decay. But since you can't tell what the problem is, don't even taste the beans–throw them out. Besides, who wants to eat decayed food?

Another danger signal, for example, could be a swollen lid on a jar of canned beef. A bacteria which is gas forming in this case is probably the culprit. The gas pushed the lid out of shape. Don't take chances with swollen lids or bulging cans. Throw the entire can away.

Cracked jars and loose lids are other danger signals. Throw them out, also.

You should be careful when disposing of possibly contaminated goods. Wrap the jar or can in plastic and then in heavy paper bags. Put them in a closed garbage can which neither children nor animals can open. Wash your hands thoroughly after handling the jars. You could be dealing with botulism. Even a tiny amount in your mouth is dangerous.

There are only 20 to 30 reported cases of botulism a year, with less than 10% fatalities, but who wants to take a chance? You cannot take botulism lightly. I wish to remind you, as I remind you each year, how important it is to can low acid foods under pressure. If you do not have a pressure canner, you should by all means take these products to the community cannery when it opens.

You may receive by calling 352-8244 or writing P.O. Box 488, Appomattox, VA 24522 a free booklet on food preservation. This is a revised updated booklet that is available from our office. This is free of charge and will be mailed to you postage free.

If you have a homemaking question or problem, you may call or write us at the above phone number and address. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK
Frozen Fruit Salad

3 oz. pkg. cream cheese
½ cup mayonnaise
1 small can evaporated milk
1 large #303 crushed pineapple
3 bananas, mashed
1 small jar maraschino cheeries, quartered

Soften cream cheese and add mayonnaise. In a separate bowl that has been chilled, whip milk until frothy. Add all ingredients together and freeze. This salad has a better consistency if frozen quickly in a freezer. You may freeze it in paper muffin cups, in blocks, or in an ice tray. A few drops of red food coloring will add to the appearance of this. This recipe will double or triple nicely and will keep indefinitely in the freezer. It is excellent to have on hand when guests drop in to visit you.

Special Hint: The cherries and bananas can be prepared in a blender. This will save preparation time. The evaporated milk will whip better if the bowl and beaters are chilled.

This recipe is being printed again because of numerous requests.

DR. CHARLOTTE SMITH (right) principal of the Laurel Regional School, presents Mrs. Ruth Webb with a certificate of recognition upon completion of her two-year term as a member of the Laurel School Board. The Laurel Regional School serves handicapped students from Lynchburg City and the counties of Amherst, Bedford, Campbell and Appomattox. The school is operated jointly by these five divisions. Mrs. Webb this month retired after 12 years as a member of the Appomattox County School Board.

William Johnson

Grand Master to visit

William Munford Johnson, the 139th Grand Master of Masons in Virginia, will make his official visit to District No. 26 on June 23, 1983 at 7:30 p.m.

The Grand Master will be received by Bernard Aaron Slayton, District Deputy for the 26th Masonic District and Herbert Harrison Chambers, Master of Monroe Lodge No. 301, Appomattox, the Host Lodge.

These district and local officers will be joined by Masons of the 26th Masonic District, their wives, families, and friends to honor the Grand Master at Monroe Lodge No. 301, Appomattox, Virginia in the evening at 7:30 p.m.

Voters League to meet Monday

The Appomattox Voters League will meet Monday, June 27th at 7:30 p.m. at the Spout Spring community center.

All interested citizens are invited to attend.

Moore is named to CVCC Dean's List

Alicia Gaye Moore, Rt. 1, Appomattox, has been named to the Dean's List at Central Virginia Community College, Lynchburg, for the spring quarter.

Gaye is a 1982 graduate of Appomattox County High School and is working toward a degree in Business and Office with a major in Secretarial Science. She is the daughter of Mr. and Mrs. Russell W. (Bunny) Moore.

County receives federal funding

Appomattox County has been allocated $2606.00 for Federal Emergency Management Agency (FEMA) funding and $4,475.00 for social services to the unemployed.

FEMA, an emergency fund to be used as a supplement program for food and shelter is issued to alleviate the strain of the local volunteer agencies which are unable to keep up with the demands for food and shelter.

FEMA will be administered by the Appomattox Chapter of NAACP under the direction of Mr. Herbert E. Fleshman, president, and the Appomattox Baptist Association under the direction of Mr. Melvin Winters, executive director.

The funds are to be used for emergency food and shelter. The criteria need of each specific organization will be used to determine the eligibility of individuals applying for the assistance.

Examples of ways in which the funds may be used for food and shelter include purchase of food, transportation expenses for mass feeding, purchase of supplies incidental to feeding (utensils, pots, and pans), bulk purchase of food for distribution.

Shelter expenses may be direct expenses associated with mass shelter (cots, blankets, and other supplies), emergency lodging or shelter costs (hotel or motel expenses) only where there is extreme need and only by making vendor payments (one month only, emergency rent or mortgage payments to avoid immediate eviction when no other resources are available).

Social services to the unemployed shall be administered by the Department of Social Services

Funding for social services to the unemployed is available only to those persons who are drawing unemployment benefits, whose unemployment benefits have terminated or to a self-employed person whose income verification according to the 1982 income tax return was under a certain annual income.

There are six services available in the unemployed program. In Appomattox County the eligible cost for emergency needs services include groceries, clothing, medical expenses, rent, and utility costs for those persons who are found eligible for the program. Individuals receiving ADC or SSI will not be eligible for the program. The allowable liquid or cash resource is $1500.00. Two or more persons must have less than $3,000.00.

The Board of Public Welfare for Appomattox County has approved acceptance of funding to be distributed to citizens in the county.

The FEMA funds must be used or returned to the federal government by September 30, 1983. Funding for social services to the unemployed program will be administered from June 16, 1983 through June 30, 1984 or until such time as the fund is exhausted.

Telephone contacts are: Mr. Herbert E. Fleshman, 352-8310 or Mr. Melvin Winters, 352-5806.

Smith receives B.S. degree

Susan A. Smith of Appomattox received a Bachelor of Science degree in commencement exercises at James Madison University.

Smith was one of more than 1,800 persons who received degrees from the university.

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SPECIAL THANKS

A Special Thanks to all the wonderful people who were so thoughtful and kind to me and to my family during my illness. So many nice things were done for us it would be impossible to mention them all. Each one had a special meaning and will always be remembered. Also, we feel very fortunate to live in a community where people are so thoughtful and kind.

Love to all,
Herbert Jamerson and Family

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